

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

MAY 2009

Erin R. Graziani – Director

Jean Baseel – Assistant

Ellington Senior Center

16 Church Street – P.O. Box 187

Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Marcie Berticelli

TELEPHONE NUMBER

870 – 3133

Transportation Program Secretaries:

Florence Brennan, Susan Shepard

TRANSPORTATION

870 – 3137

Van Drivers: Peggy Anderson, Annette
Heim, and Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

I am saddened to inform you of the passing of our dear friend, Muriel Coles. Muriel served on our Senior Citizens Advisory Committee. She was extremely beneficial in the opening of our Senior Center in 1997. Muriel will be deeply missed. We wish to extend condolences to her family.

A memory plaque will be displayed in honor of participants/friends of the senior center who have passed away. Through a donation, the Ellington Senior Center will recognize these names. The memory plaque will be located next to the Ellington Singers Plaque in the main room of the senior center. The passing of our dear friend, Josephine Staats Ellsworth will be the first name displayed on our "Memory Plaque" through a gracious donation by her daughter, Nadene Lake.

We are always looking for new and innovative ideas at the senior center, especially for fundraising. If anyone has an idea, please stop by and see me.

Erin

Please join us at the Ellington Senior Center on May 6, 2009 at 3:00 pm. We have a guest, Mr. Joe Wehr Board of Finance, who will bring us up to date on the upcoming Fiscal Budget.

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

TRIAD” SENIOR SAFETY COLUMN” - May is **Mental Health Awareness Month**. It is important that we all take good care of our minds, body and soul. There are many support groups available in the tri-town area if you are interested in gaining information and help about something that concerns you. The Visiting Nurse in Vernon offers support groups for; caregivers, bereavement issues, Alzheimer’s disease, stroke patients and families and ostomy care. ECHN in Manchester offers support groups for families dealing with a loved one with mental illness. Evergreen Nursing Home in Stafford offers caregiver support groups. If you want more information on these groups, please contact Anna Turner at (870-3131).

CARE GIVER EDUCATION PROGRAM: Sponsored by CT Department of Developmental Services Aging Services, North Central Area Agency on Aging (NCAA), and the Town of Ellington. This is a four week series that will provide you with residential, legal and financial information to best plan for your loved ones future. The program is open to parents, siblings and guardians. Call (860) 870-3131 (Anna Turner) to register for this very informative program. We look forward to seeing you there!

Date: May 13, 27, June 3 & 10
Time: 10:00 am – 12:00 pm
Place: Ellington Senior Center
16 Church Street
Ellington, CT 06029

TRIAD “SENIOR SAFETY DAY” - This is a **FREE** event for Ellington Seniors. “Your Best Protection Is Awareness”. Join us on Thursday, June 11, 2009 at the Ellington Senior Center from 1:00 pm – 3:00 pm for an “Ice Cream Social”. While you are enjoying your ice cream we will have a guest speaker from the State of Connecticut, Office of Victim’s Advocate. You must pre-register for this event. Please call the Ellington Senior Center to secure your attendance. 870-3133. Van service is available.

ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the senior center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. *ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*

BALLROOM/POLKA SOCIAL – Under the direction of Amelia Kurpat and Adam, they will be concluding this dancing season on May 15, 2009 at 12:30pm with a “Party” to celebrate the season and her Ballroom/Polka dancers.

BETTER AGE CLUB – The Better Age Club of Ellington meets every second and fourth Thursday of the month from 1:00 p.m. – 3:00 p.m. unless announced differently. Every meeting is planned carefully with a business meeting followed by a program. Refreshments are always part of the meeting. Come join us! Van service is available. You will not be disappointed by these two presentations. Come and bring a guest. All are welcome.

MAY 14, 2009 Business Meeting – Stuart Magdefrau – “Antique Appraiser”

MAY 28, 2009 Mr. Anesti Nova – Master musician, his specialty “Accordion”

CARDS AND GAMES:

Bridge:	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
Canasta – “King’s Row”:	Join Barbara Donohue and friends Thursdays at 1:00 p.m. the first, second, and fourth week of the month; the third Tuesday of the month 1pm
Dominos:	First Tuesday of the month at 1:00 p.m.; come join Sylvia Kravitz and friends
Evening Cards: (Setback):	Tuesdays and Saturdays at 7:00 p.m.
MahJongg:	Come join in the fun! Every Monday at 1:00 p.m., and every Friday at 10:00 a.m.; see Sylvia Kravitz
Pinochle:	Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

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ELLINGTON SINGERS – The Ellington Singers “*Spring Musicale*” was held on April 23, 2009 at the Ellington High School, under the direction of Barbara Caramonte. What a show it was!!! Our congratulations on a most successful year. Thank you *all* for the sheer enjoyment of the beautiful voices, music, dancing, and entertainment. Next stop, Carnegie Hall!! Through the kind generosity of the patrons who donated can goods, the Town of Ellington Food Banks shelves have been replenished. Thank you to everyone who donated. Ellington Singers are planning a “pot luck” meal on Wednesday, May 13, 2009 at (12:30pm) to round-up their season and review a video made of “The Spring Musicale.” Please be mindful of the fact that there will be a program going on at the senior center prior to the pot luck. Enter as close to 12:30 pm as you can. Thank you. Accolades to these 30 singers who worked so very hard to bring pleasures to the Ellington community.

***Opps.....** We need your help! Through a malfunction of the video camera; we were unable to record a portion of the “Spring Musicale” program. If anyone videotaped the program, could you please come forward to Amelia.

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center on the first Wednesday of every month at 9:00 a.m. ***Cost is \$28.00.** Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, May 6, 2009.

*** Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner’s class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.

GARDEN THYME – Meets every Monday morning at 9:00 am. If you like to garden, come join us! Our gardens are always open for viewing. We take much joy in the maintaining and viewing of our flower and vegetable gardens.

MONTHLY - BIRTHDAY LUNCH – Our next “Birthday Lunch” will take place on May 27, 2009 at the Ellington Senior Center (12:30 p.m.) For a donation of \$6.00 payable to our receptionists, Mitchells Restaurant will provide sandwiches and soup for lunch. The “*last*” Birthday Lunch will be held on Wednesday, June 24, 2009.

MEMORIES AND CREATIVE WRITING – This group of creative and imaginative people meet every 3rd Thursday of the month at 1:00 pm, unless notified differently. The April meeting was held at a different date, but miraculously attended by 10 members. We have acquired several new members through word of mouth. The group is open to all interested parties who would like to share orally or in written form. The group’s next project is a “*July Social*” with invited guests for a future Volume of “Creative Writing and Memories”. We are in the process of placing these copies in other places in the Ellington Community.

MUSICAL INSIGHTS - Our thirteenth season is coming to an end, presentations are held every 2nd and 4th Monday evening from (6:00pm – 8:00pm). Notice of these programs are posted at the Ellington Senior Center. Our May programs are as follow:

May 11, 2009 Presentation – Ragtime, Mary Regan, Presenter

May 25, 2009 Senior Center Closed

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 pm. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

May - Main Coast Fish Market, East Windsor – 5/12/09

June - Triple A Diner, East Hartford – 6/9/09

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 a.m. Van service is available.

SHUFFLEBOARD – Every Wednesday at 2:00 pm. Shuffleboard is played in the main room of the senior center. We love to hear the laughter coming from the shuffleboard court! Watch out for the flying pucks!! Van service is available.

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TRIPS: With the welcome of Spring, it is time for our Trip Coordinators to plan upcoming outings for the Ellington Senior Center. Look what we have!

- **Thursday, May 21, 2009:** “Butterfly Magic.” This attraction is located in Deerfield, Mass. The trip will include lunch at an area restaurant and a visit to Adkins Farms. Cost is \$63.00
- **Wednesday, June 17, 2009:** “The Majestic.” A 2 ½ hour narrated cruise of Newport Harbor and Narragansett Bay. This trip will include a buffet luncheon that will be provided while on the ship. Following the cruise a trolley car will guide you along the 10-Mile Ocean Drive. Cost of this trip is \$70.00
- **Thursday, July 9, 2009:** “Connecticut River in Massachusetts.” Step aboard the *Quinnnetukut II* and experience the stunning French King Gore and historic Barton Cove on a narrated 1 ½ hour cruise along the Connecticut River in Massachusetts. Lunch will be served at The French King, adjacent to the Connecticut River Gorge. Following lunch we will be making a stop at The Yankee Candle Company. Cost for this trip is \$66.00

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION - Leonard Johnson – Services Officer at 871-1498

VETERAN’S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

The Town of Ellington’s Memorial Day services and parades will be held on Monday, May 25, 2009.

Crystal Lake – At approximately 9:00am, a parade will begin from the Crystal Lake section of town, where Green Street intersects with Route 140, and end at the Crystal Lake cemetery where a brief service will be held.

Ellington Center – Services will be held at 10:30am at the High School. At the conclusion of the program, at approximately 11:30am, a parade will begin from the high school and proceed to the Ellington Green and then to the Ellington Cemetery for brief memorial tributes at each location.



Happy Memorial Day!